

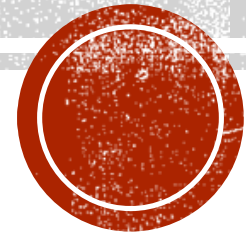


**Voices of Hope**  
**"We Do Recover!"**

Jennifer Tuerke, Executive Director, CPRS, RPS

Erin Woodie, Chief Operations Officer, CPRS, RPS

**YOUR RECOVERY  
MESSAGE  
AMPLIFIED!**



# OUR STORIES MOVE MOUNTAINS

- Why Recovery Messaging training?
- Who carries a message?
- Challenge, choice, outcome
- Language that promotes dignity & equality
- Self Study
- Practice!



# WHY RECOVERY MESSAGING?

- Our recovery is an intense experience, hard to put into words.
- Words can convey unintended meaning, practice brings mindfulness.
- One voice makes a ripple, many voices make a wave.
- Who else should speak for us?
- We are the RECOVERY MOVEMENT, we move together through our individual stories that bring HOPE.



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# WHO CARRIES A MESSAGE?

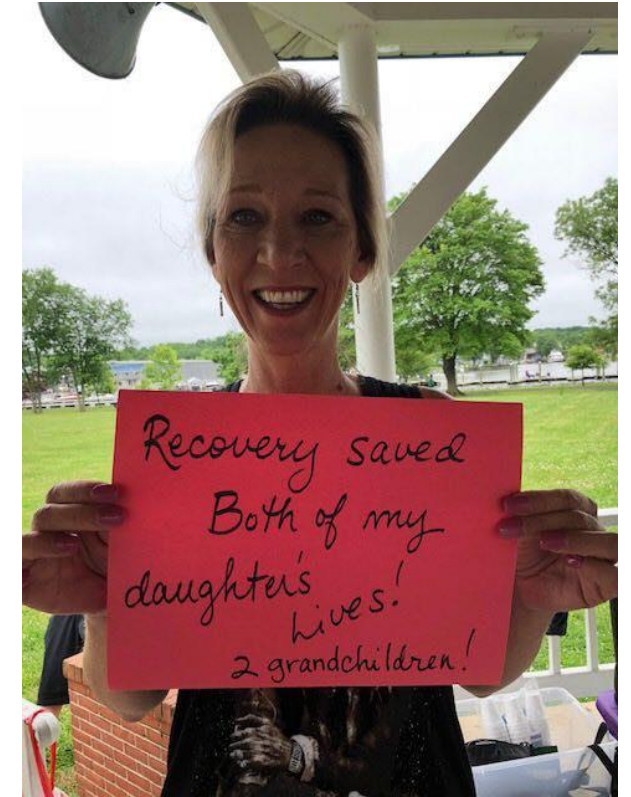
- Person in Recovery
- Family member of someone in recovery or still struggling.
- Ally – politician, clinician, law enforcement, counselor, director, front desk staff, support staff, teacher, wait staff, administrator, driver, mechanic, data analyst, case manager, accountant, anyone!





# WHAT'S YOUR MESSAGE?

- Every one of us carries a message: how we talk with and about those struggling with substance use and mental health disorders – and those in recovery: in public, with our families and neighbors, at the water cooler, at church, at the store, on Facebook, Instagram and TikTok.
- People are watching and learning from YOU.
- Crafting a recovery story can start with the framework of Challenge, Choice and Outcome.



# THE CHALLENGE

- Although we share behavioral health disorders, your journey has been unique to you. Your upbringing, family, health, environment, culture, etc. are part of your story. It all matters.
- Think back upon your life. Think about the experiences that challenged you *before* recovery. What were the most challenging times? What did it look like? Where were you? Who were you with? Get specific.
- How did you FEEL? Write down feeling words that you associate with your most challenging time.
- Which of your values were challenged?



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# CHOICE

Do you remember the day you made the choice to recover? What was that moment – where were you, who was there, what did it look like?

What was happening?

How did you know you had a choice?

How did it feel to make the choice?

Why did you make it?

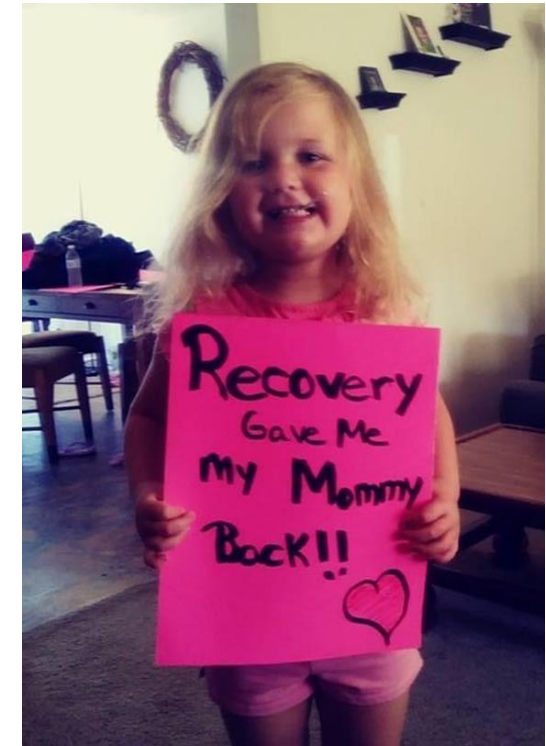
What values did your choice reflect? Were you righting a “wrong” in your life?

CPRS: What systems/organizations encouraged you or supported you?



# OUTCOME

- What has your life been like since you made the choice?
- What does it look like?
- How do you feel about it?
- How has your family and loved ones benefitted from your choice to recover?
- CPRS: who supports your recovery today? What values are alive in your life?





# VALUES UNITE ALL OF US INTO ACTION

Sharing our feelings honestly and openly (but safely!) connects us to each other and our audience.

If you have time, framing the feelings in that descriptive moment tells a STORY. If people can picture it, they are more likely to feel it, too.

When we connect through feelings, it is because we share the same VALUES (right to live, belief that people do get better and deserve that opportunity,).



# MESSAGE OF ME, OF US

- Peer Recovery Specialists use the experiences of ME to strengthen the message of US.
- What is our message?

Our message is **HOPE** that anyone, everyone, deserves the health care necessary to stay alive and be given opportunity to recover driven by personal **CHOICE** and consistent **OPPORTUNITY** to recover – for a lifetime. Recovery is possible and in fact, happens **OFTEN** – not just for the “special people” or the rich – behavioral health disorders are **TREATABLE** and **BEATABLE**.

- Why does this matter?



# LANGUAGE MATTERS — AVOID STIGMA, DISRESPECT

Avoid language that people may find stigmatizing and often times have wrong ideas about. Lump alcoholic, addict, methadone, suboxone, cannabis, bi-polar, PTSD, schizophrenia, etc. into substance use or behavioral health disorder. Keep it simple and avoid sensationalism. Recovery is the key word and focus.

Do not use words that disrespect yourself before recovery. This could carry a message that its okay to disrespect people who are struggling or using drugs today.





# FLIP THE SCRIPT — PROMOTE PROGRAMS THAT HELP

- IV drug use – engaged with syringe services programs
- Prostitution – familiar with sex work and sex work culture
- Lost my kids – involved with family services
- EP – experienced inpatient treatment program
- Locked up – experienced incarceration
- Homeless – lived without a home
- Psychotic – experienced extreme symptoms of an untreated disorder
- Overdosed – survived through the use of Narcan



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# THINK ABOUT....

- What programs helped you? Which ones were easily accessible no matter what was going on or if you had money?
- What could have helped you sooner?

Can you advocate for those services and supports in your story? How does it fit?

How can your story advocate for a cause you care a lot about now?

Learn to share it – practice, practice, practice.



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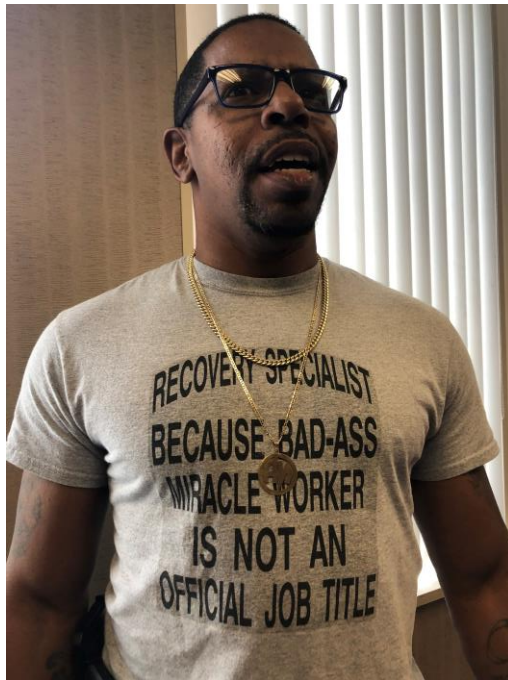
# 5 MINUTES FOR YOUR RECOVERY STORY...

- Write about your specific Challenge.
- When was your choice? What did it look like?
- What was the outcome? What's happening now?



# LET'S HEAR YOUR STORY

We will let you know when time is up! 2 Minutes



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# HAPPY RECOVERY MONTH!

- Send your recovery message video to [Adelaide.Weber@maryland.gov](mailto:Adelaide.Weber@maryland.gov) to be posted on the Maryland Behavioral Health Peer Recovery Specialist Connections Facebook Page.
- Please join MPAC today at 12:15 – 12:45 for Overdose Awareness Moment of Silence for Peers (register through the MPAC Facebook page)
- “Like” Voices of Hope – Maryland Facebook page, join us for Recovery Month activities: Painting in Recovery sessions, Recovery Luau, Anonymous People virtual movie night, etc.
- Celebrate with those you love – be loud, be proud:

RECOVERY LOOKS GOOD ON YOU!



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